



Recipe Name: Beefy Nachos

File No:



**Let's Cook**  
WISCONSIN SCHOOL MEALS ROCK

Recipe Adapted From:

Child Nutrition Recipe Box

Grade Group (s): K-8, 9-12	<b>HACCP Process</b> <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 100	
Portion Size: 1 each	
Serving Utensil:	
Servings per Pan:	

Ingredients	Weight	Measure
Beef Crumbles USDA #100134	7 1/3 lbs	
Chil Powder		1/2 cup
Cumin, Ground		1/2 cup
Salt		1 tsp
Paprika		3 Tbsp
Onion Powder		3 Tbsp
Beans, Pinto, Low-Sodium, Canned, Drained Rinsed, USDA #100365		2 #10 can
Water, Divided		5 cups
Tortilla Chips, Whole Grain, Plain	13 1/2 lbs	
Cheese, Cheddar, Shredded, USDA #100003	3 1/2 lbs	
Sour Cream, Low-Fat	6 1/4 lbs	
Salsa, Low-Sodium, Canned, USDA #100330		2 1/4 #10 can

Procedure
<ol style="list-style-type: none"> <li>Place beef crumbles and spices in a stock pot, heat over medium heat, uncovered until heated through.</li> <li>Put beans and 2 cup of water into a food processor, puree on medium, add an additional 3 cup water, and continue blending until smooth.</li> <li>Pour pureed beans into a steam table pan (12" x 20" x 2 1/2") and heat to 140°F or higher for at least 15 seconds.</li> <li>To build each nacho:               <ol style="list-style-type: none"> <li>Place 2 oz by weight of chip into a boat or like container.</li> <li>Use a #24 scoop, serving 2 oz of beans on top of chips.</li> <li>Place 1.15 oz by weight of hot meat mixture on top of beans.</li> <li>Sprinkle with 2 Tbsp of shredded cheese on top beef mixture.</li> <li>Using a #30 scoop (1/8 cup) of sour cream on top of cheese.</li> <li>Using a #16 scoop (1/4 cup) portion salsa on top of sour cream.</li> </ol> </li> </ol> <p>Serve immediately!</p>

Meal Component Contribution		
Meat/Meat Alternate: 2 oz eq		
Vegetable Subgroups		
DG	RO	BPL
	1/4 c	1/8 c
S	O	A
		1/8 c
Fruit:		
Grains: 2 oz eq		
Based on USDA Food Buying Guide-RAW		

Total Yield	
Weight:	
Number of Pans:	
Pan Size:	
Volume:	
Nutrition Analysis Based on Portion Size	
Calories: 547 kcal	
Saturated Fat (g): 7.38g	
Sodium (mg): 603.92 mg	
Calculated using NutriKids	

Equipment (if not specified in procedures above):

DG - dark green RO - red orange BPL - bean, peas, legumes  
S - starchy O - other A - additional